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# SPORTS PREVIEW '09

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## Missourian's NCAA Bracket



# Spring season is culmination of entire year for Bearcat track team

By Jason Lawrence  
 Asst. Sports Editor

The track and field team has been training since September for this. It's time for the outdoor track season to get under way.

Everything the athletes have done since the beginning of school will be combined with their recent season to showcase their hard work.

"When we start training, we're looking at the whole year as one thing," head coach Scott Lorek said. "Cross country, indoor track, outdoor track; they're all stepping stones into each other and the outdoor season is the culmination of the whole year."

Adjustments will have to be made and the weather will have to be perfect for things to go as the team hopes.

"The track looks a lot bigger outside," Lorek said. "They get used to competing on a 200 meter track.

It takes about a week for the track to start looking like it's 400 meters around instead of a mile around. The hurdlers will have to get used to seeing a straightaway with 10 hurdles rather than five hurdles and a wall. It is mainly visual things at first that kind of give the athletes a jolt. Overall, our training is pretty progressive throughout the year, so it's nothing too drastic. We're just hoping the weather cooperates and lets us get outside on a constant basis."

The season outlook is positive and the team is ready for the big events that the outdoor season has to offer.

"It's going to be great," junior Emily Churchman said. "I think we're going to do a lot better in conference. We're going to a lot of cool meets and there is going to be some outstanding competition at the KU Relays and the Drake Relays. I think everyone is excited to get back outside."

There are high expectations for the Bearcats, coming off of an indoor season that saw three 'Cats go to Houston and the NCAA Indoor Track Championships.

"The expectations haven't changed," Lorek said. "We want to have more people on the national list and of course we want to get more people to the national meet. Our expectations and hopes are really to have a complete team and continue with the competitiveness that we've shown all year."

Lorek expects everyone who competed and performed at a high level during the indoor season will continue into the outdoor season and several athletes that were injured or red-shirted will step into the mix and contribute.

"Tierney Eaton is one of those people we'll have outdoors that red-shirted indoor and she should compete well for us," Lorek said. "Ron Purnell and Jimmy Greisbach will both be back from injuries they

suffered late in the indoor season. I think we have a lot of people on the roster that can move up from the not scoring in the conference meet to scoring for us."

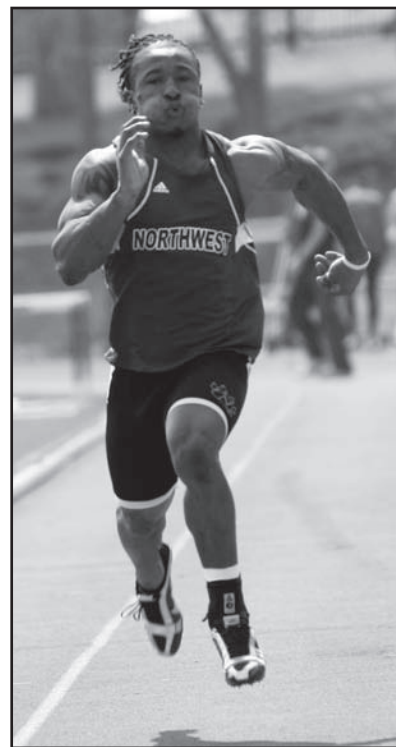
After getting people back, the team is already setting their sights on new goals and junior Ben McKim is already looking forward following the indoor championships.

"My goal for indoor was 55 feet and I got that," McKim said. "My outdoor goal is 60. Here we go. It's time to buckle down and work hard."

The team is really coming together and buying what the coaches are selling, Lorek said.

"They're really coming together as a team and working hard," Lorek said. "We always want to finish higher than where we start. I think this team can be outstanding."

The teams' first meet is scheduled for March 21 when Northwest heads to Tulsa, Okla. to kick off it's season.



missourian file photo

JUNIOR IKE URUM-EKE makes his approach on the triple jump. He was an All-MIAA performer in the triple jump in 2007.

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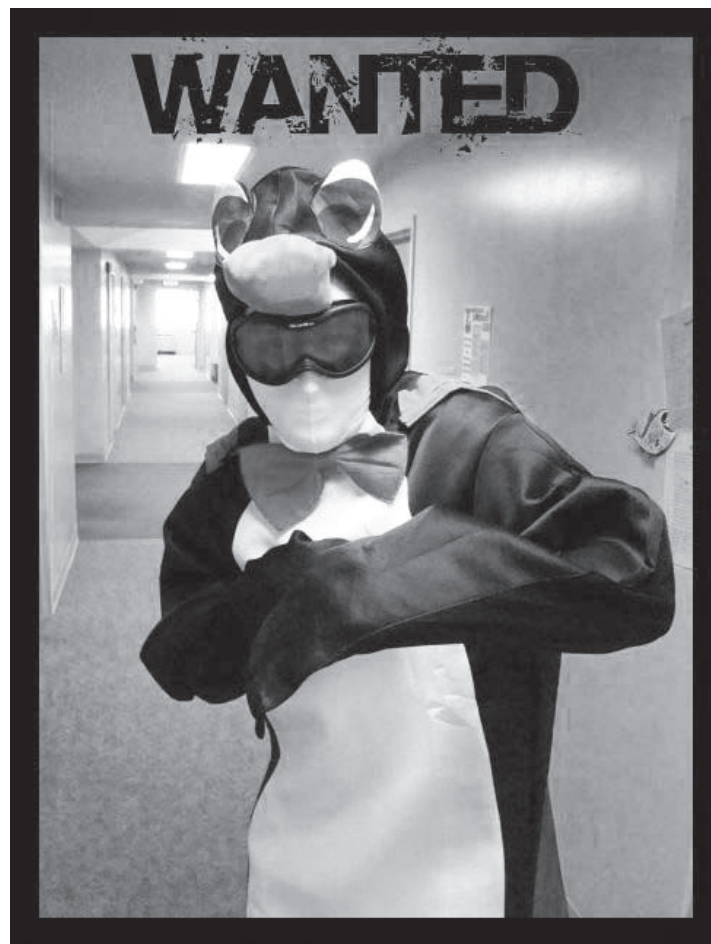
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6:00 p.m.  
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6:30 p.m.  
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# Bearcat tennis squads begin season undefeated

By Ian Myers  
Missourian Reporter

Both Northwest's mens' (2-0) and womens' (1-0) tennis teams are seeking to build upon last season's success by starting this year undefeated.

Northwest's men managed to haul in a solid 16-3 (3-1) record last season before Washburn knocked them out of contention in the regional championship game. This season, the team hopes to overcome that hump to make the jump to NCAA Nationals. Experience is something the squad has on its side, as four of the team's eight players head into the season in either their junior or senior year of eligibility.

"Well, the men in preseason are ranked 26th in the country," head coach Mark Rosewell said. "So we're always vying for the MIAA Championship."

The men opened the season on the road in Topeka, Kan. where

they swiftly put a slash in the "W" column by blowing out Newman University, 8-1. They also managed to out-dual Southeastern Oklahoma State as well, earning a much narrower 6-3 victory.

On the women's side of the court, the squad looks just as strong, if not stronger than in seasons past. The Northwest women return two seniors to a squad that managed to break into the NCAA Division-II Nationals last season, losing in the first round 5-0 to Barry University en route to a 23-5 (7-0) finish. Much like the men's squad, the women also have the experience factor on their side, returning four of their eight players in the final two years of eligibility.

The women also kicked off their season in Topeka against Newman University, and saw much of the same result as the men, as the squad managed to go undefeated against the Jets on their way to 9-0 blowout victory. Senior Lina Gomez lived

up to the hype surrounding her and was impressive in her season debut, taking both of her duels against Newman's Megan Lowe by 6-0 margins.

"Lina Gomez is our number one player on the women's team," Rosewell said.

Coach Rosewell is entering his 24th season at the helm of the Northwest tennis teams, compiling a 781-371 record while securing a combined 16 MIAA championships between the men's and women's teams.

Expectations are riding high on the two teams, and the schedule gets tougher as the season progresses, but Rosewell isn't worried about either one of his squads not being up to the task of securing another MIAA title.

"But you know, we're always competitive on both sides [men's and women's] and we've got a long standing tradition of being pretty good," Rosewell said.



missourian file photo

SENIOR DANIEL USIETO will play a vital role in the Bearcats success this year. Last year he won 10 of his final 11 matches to earn Second-Team All-MIAA honors. So far this year Usieto is 5-3 overall.

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SOPHOMORE ERIN LUCHTEL takes a practice swing during the Bearcat's qualifying rounds at the Maryville Country Club. The six 'Cats with the lowest score will earn a spot at the Missouri Western Invitational on March 29.



photo by brian bosiljevac  
 university sports editor

## Young program receives deserved recognition

By Brian Bosiljevac  
 University Sports Editor

The Bearcat's received their first vote for a national ranking in the preseason spring poll by the Golf World / NGCA.

The Northwest women's golf team is only in its second season at the university. The young squad was transformed from a club team to an official university program two years ago. The 'Cats head coach, Pat McLaughlin, is a Business Law professor at Northwest and was the head coach during its years as a club sport.

"It just means there is some recognition out there for the extremely hard work we have put into this young program," McLaughlin said. "It's just nice to receive the recognition."

During the women's fall season they had four Top 5

tournament finishes. The improving squad also dropped its team score by 89 strokes throughout the course of the season.

McLaughlin is more hopeful the girls realize the improvements made over the fall are just the beginning. They know they can get better and they want to get out there and make those improvements, he said.

The 'Cats have a long way to go in terms of establishing this program among its five MIAA foes. Northwest's roster consists of five sophomores and three freshmen.

"Our captain, Jessie Feuerbach, really helps me out in what goes on to make the team stronger," McLaughlin said. "But all the girls, even the freshmen, are very ambitious and dedicated to themselves and the program better."

The 'Cats were one of the only three nationally recognized MIAA teams. The Mavericks of Nebraska-Omaha are ranked No. 15 in pre-season polls. The Mavericks were the only MIAA squad ranked in the Top 25, but Truman and Northwest both received one vote.

"The MIAA conference is really strong," Feuerbach said. "Simply put it's a strong conference, but we are up for the challenge and we could really stand out."

The 'Cats open the season with the Missouri Western Invitational on March 29.

"The Western tournament will be a great opportunity for us to see where we stand in conference," Feuerbach said. "It will give us a chance to see what we need to work on, but we will be heading into the tournament looking to win."

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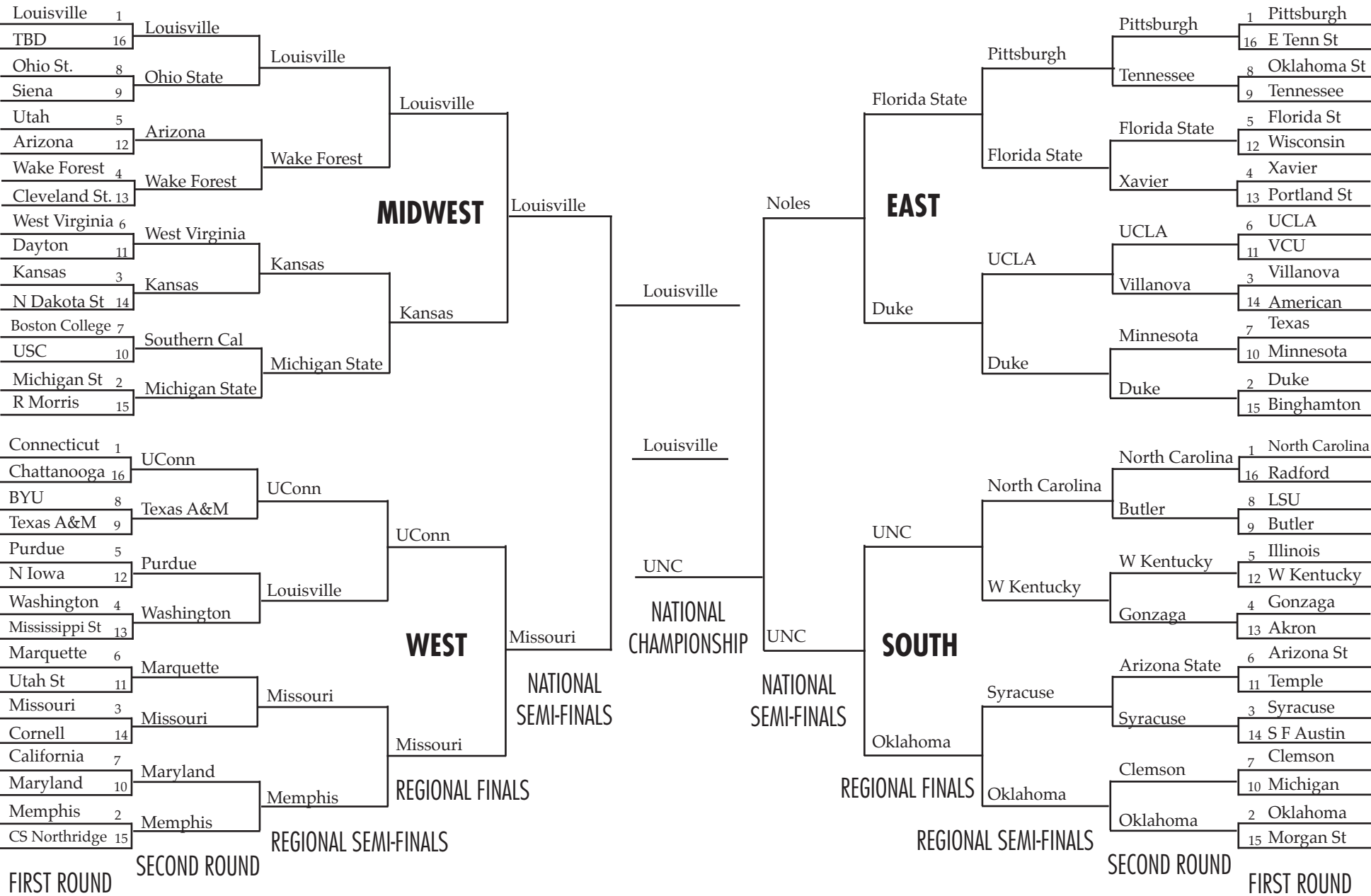


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# SPORTS STAFF PICKS A WINNER



## NCAA regional analysis

### Woody - South

No tournament bracket is complete without a tournament sweetheart. This year's sweetheart is Western Kentucky, but their magic will run out and the golden carriage will turn back to a pumpkin when they meet Psycho T and Ty Lawson in the Sweet 16. Syracuse is finally playing like the team everyone thought they should be, but I'm betting Blake Griffon will hop out of his slump once the tournament starts, which leaves us with two powerhouses with health questions to their stars meeting up. The team with one healthy star wins.

### Dustin - West

My Tigers are making a run to the Final Four! I know it might be a long shot, but just look at the path for Mizzou. The Tigers face Memphis who is 2-2 against teams that made the tournament whereas MU is 7-4 against teams that made the tournament. The Tigers will then face a UConn team that is thousands of miles away from home. I don't think that MU really deserves to be in the Final Four, but their path through bracket matches up well for them against the least deserving No. 1 seed and Mid-Major powerhouse.

### Jason - Midwest

Louisville has one of the easiest paths to the Final Four, but this region is full of possible upsets. Each of the Sweet 16 teams could make it to the Final Four if they play up to their potential. Bill Self will get my 'Hawks back in line and propel them to the Elite Eight, but Louisville is the class of the region and of the tournament for a reason. Their style of play will get the Jayhawks in foul trouble and Sherron Collins will hoist up stupid shots and Self will just leave him in. That will be Kansas' undoing for the final time this season.

### Bulldog - East

I always pick with my heart. Why would I not during one of the greatest sporting events? Everyone thinks Pitt is the creme of the crop, but I'm just not buying it. Toney Douglas is the most underrated player in the country. If he can get his young teammates to rally behind him they could take down Young and the Panthers. Florida State played Pitt once this year and lost by eight, so it's a very possible upset. That will set up the ACC Championship rematch. Duke has beat FSU three times this year. The Noles won't let it happen again.



# 'Hounds return trio of record-breakers for girls track, one for boys

By Christopher Woodland  
 Sports Editor

## BOYS

After losing several members from last year's team, the Maryville boys' track team will likely rely on younger and unseasoned athletes to step up.

Last year the team of then sophomore Evan Johnson, and juniors Seth Staashelm, John Rogers and John Schreck qualified for the state meet in the 4x400 meter relay, but their time of 3:31.48 was not good enough to advance past the preliminaries.

However, John Rogers and John Schreck opted to not go out for the team this year.

"We've got Evan Johnson and Seth Staashelm back, but as far as people to go with them, we aren't sure right now," Holt said.

With 31 kids out this spring, Holt does have a fair choice of who

to plug into the team, but due to the cold weather Holt hasn't had much chance to really evaluate his raw talent, he said.

"It really puts some pressure on some kids that aren't proven yet because we have a lot of new kids," coach Chris Holt said. "We just need to get them in some meets and see what they can do. A lot of the (juniors and seniors) you see on the roster are first time track runners. They may not be young in age, but their young as far as track is concerned."

The cornerstone of the 'Hounds track team this year seems to be John Farmer, who hopes to win state in the long jump this year. Farmer placed second in last year's state meet with 22 feet 2.5 inches.

"Hopefully we win as much as we can and go out and get it done," Farmer said. "Hopefully I make the state long jump again, I don't know about (the 100 and 200 meters), I'll

try to make them."

Tyler Hayes should carry the 'Hounds' throwing responsibilities, with maybe some help from Zach Sherry in the shot-put, Holt said.

## GIRLS

The girls' track team returns two state qualifiers in four events to lead it into the 2009 season.

Jordan Stiens returns after qualifying for the 2008 state meet in the high-jump, 100 meter hurdles and 300 meter hurdles, while Megan Walker participated in the state's shot put event.

Stiens finished second in both the 100 and 300 meter hurdles, finishing just .27 seconds behind Pembroke Hill sophomore Tiffani McReynolds with a time of 14.94 in the 100. The 14.94 currently stands as the Spoofhounds girls' track program record. Stiens also holds the 300-meter hurdles record.

Walker placed seventh in the

shot put with a 37 feet, 6 inch throw in the finals.

In addition to Stiens and Walker, the 'Hounds return a sophomore record-breaker, Taylor Gadbois.

Gadbois is currently the fastest girl to lace up a pair of spikes for the 'Hounds. She broke the school 100-meter mark twice last season. She initially broke Stacy Sheiber's 12.5 mark with a 12.47 at the Chillicothe Relays, and later blazed to a 12.45. Not long after she broke her own 100 meter mark, she surpassed the school's 31-year-old 200 meter record by coasting to a 26.17 second finish the same day.

"Obviously we have a lot of very talented returners so we're expecting a lot of good things to come out of it," assistant coach Lori Klause said.

With three years of eligibility remaining, Gadbois isn't satisfied with her current place in the record

books either.

"I'd like to break my old records and make it to state," Gadbois said.

In addition to attempting to surpass their records, Gadbois and Stiens will likely team with Meridee Scott, who is among those still playing basketball, in the 4x400.

"Jordan Stiens and Taylor Gadbois did a lot for us last year, and Megan Walker throwing, so we're expecting big things and hoping for that conference titles and that district title," Klause said.

In addition to the big three, the 'Hounds could have some younger runners step up and produce early positive results.

"We have a lot of talented freshman," Klause said. "It's hard to say because we've been inside a lot with the cold weather and the snow, but the girls are working hard and I think everyone will find a spot and we'll be really hard to beat," Klause said.

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# Senior-led 'Hounds move outdoors for practice

By Dustin Sander  
Community Sports Editor

The Maryville boys' baseball team gets the rare opportunity to hold preseason practice outside in hopes to improve the baseball program.

The Spoofohounds have practice outside multiple times before their season debut.

"It's definitely a lot more helpful to be practicing outside because there's a lot of things you can't do in the gym," senior first baseman Mitch Gallagher said. "Girls' basketball season is still going on right now so we can't really set up the cage inside or anything. It's really helpful to that we can get outside and hit and do fly balls; just stuff we can't really do inside."

It means a lot for the boys' attitudes and spirits, it feels more like baseball season when you're outside on the grass and getting to play outside



missourian file photo

SENIOR JOE JASINSKI fields a ground ball during the Spoofohounds' 2008 campaign. The squad will depend upon senior leadership this year.

opposed to the gym, coach Thom Alvarez said.

The senior heavy 'Hounds will look to improve on their 2008 record of 5-11.

"My expectations are always high," Alvarez said. "I think we've got a chance to play with everyone that's on our schedule. I don't look at any one

team as being unbeatable by any means. Having said that we're going need to play well."

The 'Hounds lost only five seniors from last season's ball club. However the seniors were vital to the team's success, Alvarez said.

"We haven't really had a lot of success and that's something we're going to try and turn around this year," senior first baseman Mitch Gallagher said.

The last two seasons the 'Hounds have fallen victim to a lot of close games, both

last year and the year before the record very easily could have been transposed with a play here or there. Last year they lost five one run games, Alvarez said.

The 'Hounds kick off their season at 4:30 p.m. Monday against Nebraska City at home.

# Lady 'Hounds hope last season's youth movement nets district title

By A.J. Martin  
Missourian Reporter

The 2009 Lady Spoofohound soccer team looks ahead this year to improve on last year's record. The 'Hounds will be returning 7 starters this year, including center defenseman Ally Ackman who was a first team All-Conference and All-District performer last year as a freshman. Ackman is hoping to turn her individual success into team success this year.

"I think we can be a really competitive team this year," said Ackman. "We have the talent; it is just a matter getting the most out of our practice time before the season starts."

Getting practice time in will be important since the 'Hounds ultimate goal this year is to win the district title. Senior Emily

Vandivert is looking forward to the upcoming season and the challenges that they will face.

"Last year we didn't win a lot of games" said Vandivert. "But we are a different team this year, and we will use last year as motivation to get where we need to be this year."

Coach Stuart Collins also thinks this year will fair a little different than last year.

"Last year we were very young, but now that our core players have another year under their belt I feel like we should be a strong competitor and make a run at the district title," Collins said.

The Lady 'Hounds will be practicing for the next two weeks before they kick their season off March 26 in Savannah at 4p.m.

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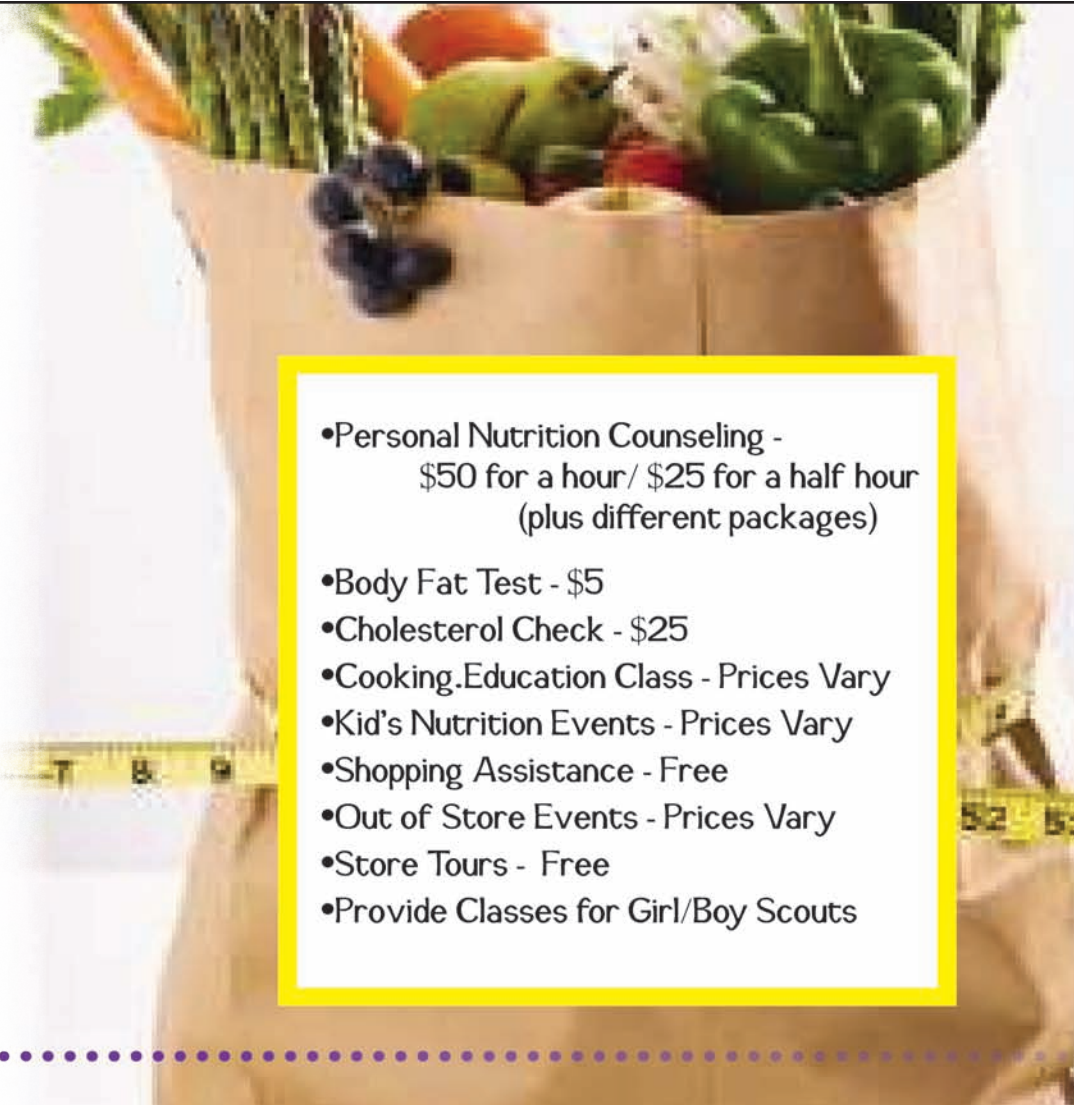
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